/351 cont./

757 in the course of three consecutive mornings at day break, stand in front of the door of the hut, his right hand as high as possible on the door jamb and his left hand as low as possible on the opposite upright. Then he must bend his trunk deeply three times. This exercise must be repeated several times in succession with the hands reversed.

757 /352/ There is another treatment of lumbago: the patient lies
759 flat on his stomach on a "bed," and the healer starts to massage him. After that he takes hold of the patient's right hand and left foot and tries to join them above his back. He repeats the manipulation
(237) with the opposite limbs. These manipulations finished, the healer applies on the painful spot a sort of poultice made from the lungs of a recently killed young goat, cut in pieces, soaked in alcohol, sprinkled with sugar and raised to the normal body temperature.

759 To heal the inflammation of ganglions in the groin, a heated
756 wooden spoon is applied and the operation is repeated several times in succession while exorcisms are pronounced.

752 In case of scorpion bites it is necessary to rub the wound with the
824 milk of the fig tree.

757 Finally, medicinal plants are used to combat fever, a cold, etc.
● 298 The rest of Sarakatsani therapy deals exclusively with curative
757 magic. But one finds its presence everywhere be it only in the manner
755 of administering treatment by rational means. The examples cited are evidence: the exercise against lumbago is done "at daybreak" and not during the day; the poultice is made with the lungs of kids and not of lambs; the treatment of glands involves exorcisms, etc.

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128 Having presented this date, we shall try to formulate certain ideas about Sarakatsani knowledge.